

# BARRINGTON SENIOR CENTER

ENRICHMENT ~ ENHANCEMENT ~ ENLIGHTENMENT

Telephone 247-1926

**DECEMBER 2014**

281 County Road  
Barrington, RI 02806

**Center Hours**  
**9:00 AM - 4:00 PM**  
**Monday - Friday**

## SENIOR CENTER STAFF

**Michele Geremia**  
Director

**Ed Carusi**  
Outreach Services  
247-3791

**Mira Meyer-Oertel**  
Senior Services  
Coordinator

**Shirley Slusarski**  
Clerical

**Fran Stabila**  
**Rod Maturi**  
Kitchen Staff

**Larry Daglieri**  
**Ron Walpole**  
Transportation

**Emily Hartley**  
Activity and Trip  
Coordinator

## SENIOR CENTER CLOSINGS IN DECEMBER:

*Wednesday, December 24 - Christmas Eve*  
*Thursday, December 25th - Merry Christmas*  
*Monday, December 8th - No Lunch (Holiday Party at the Wharf)*  
*Wednesday, December 31st after Lunch*

## TREE TRIMMING

**Monday, December 1st**  
**10:30am**



We will gather at the Center to trim the beautiful new tree given to us by the Friends of the Barrington Senior Center! There will be festive music and refreshments and, of course, good fellowship and fun. Come and ring in the season at the Center!

## HOLIDAY CELEBRATION

**Friday, December 19th at 1pm at the Senior Center**

This is the time to celebrate with your friends at the Senior Center. Come and enjoy the sounds of the Very Merry Dickens Carolers who will sing for you dressed in festive Victorian inspired caroling costumes. Before the party, please plan also to join us for a delicious dinner with Rod Luther at the piano to entertain you.

## MORE HOLIDAY FUN WITH BOXWOOD CRAFT

**Thursday, December 11th at 10:00am**  
**Cost \$10:00**

Sue Redden, a member of the Hameho Garden Club, will be at the Center to teach you how to create a boxwood tree - a charming, long-lasting holiday decoration. The tree will be about 10 inches tall and look perfect as a centerpiece at Christmas dinner or on a coffee table. Creativity, holiday music and refreshments will make this a fun event. Please call the Center at 247-1926 to reserve a spot early!



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## **EXERCISE AT THE CENTER**

All classes are free of charge and taught by YMCA-trained instructors specializing in Seniors.

### **CHAIR YOGA**

#### **Mondays and Wednesdays at 9:30am**

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or, if standing, using a chair for support. Chair yoga is thought of as a way to achieve physical and mental fitness, not as a way of life as most other yoga types. This form of exercise is a great practice for everyone and participants can learn yoga postures, breathing techniques, meditation and relaxation.

### **SENIOR STRENGTH**

#### **Tuesdays and Thursdays at 9:30am**

During the past decade, several studies have established that strength exercises are safe and beneficial for adults of all ages, including seniors. This type of exercise, also practiced sitting in a chair or using a chair as support, increases muscle strength, improves blood pressure and relieves arthritis symptoms. Lively music accompanies this exercise and creates a fun experience.

### **TAI CHI**

#### **Fridays at 9:30am**

Tai Chi, an ancient Chinese tradition, is a graceful form of exercise often described as meditation in motion. Tai Chi is low impact and especially suitable for older adults - it helps to reduce stress and to improve balance and overall health. Come try it - it's free and enjoyable.

### **YOGA**

#### **Fridays at 1:00pm**

Yoga is a physical, mental and spiritual practice or discipline that aims to transform body and mind and is a way of life for many. This practice is valuable for balance and increases muscle strength. Yoga postures, yoga breathing techniques and meditation - all contribute to relaxation, general health and vitality. A wonderful practice for all.

### **FITNESS ROOM**

#### **Monday through Friday, 9:00am - 4:pm**

The fitness room is equipped with two tread mills and two cycles and offers a TV to entertain you while you exercise. Come and take advantage of this free opportunity to move!

### **ACTIVITY CLUB TRIPS AND ACTIVITIES**

**\$7.00 per year membership**

**(All trips are to be paid for separately. A \$10.00 deposit is due at sign-up)**


**December 8, 2014 (Monday) - Holiday Party at the Wharf Tavern at 12:00pm. Sold out!**


### **SAVE THE DATE**

**March 12, 2015 (Thursday) - St. Patrick's and St. Joseph's Day Gala at West Valley Inn**

**April 15, 2015 (Wednesday) - Newport Playhouse, "When The Cat's Away."**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30am...Chair Yoga 10:30am...Tree Trimming 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 1:00pm...Support Group 6:45pm...Duplicate Bridge	<b>2</b> 9:30am...Senior Strength 9:30am...Painting 12:30pm...Painting 1:00pm...Chorus	<b>3</b> 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Line Dancing 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Band	<b>4</b> 9:30am...Senior Strength 1:00pm...Bingo	<b>5</b> 8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga
<b>8</b> 9:30am...Chair Yoga 12:00pm...Party at Wharf Tavern 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	<b>9</b> 9:30am...Senior Strength 9:30am...Painting 10:00am...Current Events 12:30pm...Painting 1:00pm...Chorus at Clifton Inn 3:00pm...MTTI Techs	<b>10</b> 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Band	<b>11</b> 9:30am...Senior Strength 10:00am...Boxwood Craft 1:00pm...Bingo	<b>12</b> 8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga
<b>15</b> 9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	<b>16</b> 9:30am...Senior Strength 1:00pm...Chorus at Clifton Rehabilitation	<b>17</b> 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Line Dancing 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge	<b>18</b> 9:30am...Senior Strength 1:00pm...Bingo	<b>19</b> 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga 1:00pm...Holiday Party
<b>22</b> 9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	<b>23</b> 9:30am...Senior Strength 10:00am...Current Events 1:00pm...Chorus 3:00pm...MTTI Techs	<b>24</b> <b>CLOSED</b> <b>For</b> <b>CHRISTMAS EVE</b>	<b>25</b> <b>CLOSED</b> <b>for</b> <b>CHRISTMAS</b>	<b>26</b> 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga
<b>29</b> 9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	<b>30</b> 9:30am...Senior Strength 1:00pm...Chorus	<b>31</b> 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing Closed after Lunch	 <b>DECEMBER 2014</b>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Italian Wedding Soup <b>Pork Loin .with Gravy</b> Oven Roasted Potatoes Seasoned Broccoli Cuts Peach Half <i>(Turkey &amp; Cheese on Rye)</i>	<b>2</b> Beef Soup with Orzo <b>Low Sodium Hot Dog</b> Baked Beans Apple Cider Cole Slaw Sports Bar <i>(Hamburger on Roll )</i>	<b>3</b> Onion Soup <b>American Chop Suey</b> Elbow Pasta Tossed Salad Frosted Brownie <i>(Italian Grinder)</i>	<b>4</b> Lentil Soup <b>Country Fried Chicken Steak</b> Rice Pilaf Sliced Carrots Chocolate Pudding <i>Tuna Salad on Wheat)</i>	<b>5</b> Clear Chowder w/Crackers <b>Potato Crusted Fish</b> Red Bliss Mashed Potatoes Imperial Blend Vegetables Fresh Fruit <i>(Tomato/Mozzarella on Italian)</i>
<b>8</b> Escarole and Bean Soup <b>Veal with Mushroom Gravy</b> Seasoned Shells Italian Blend Vegetables Ice Cream <i>(Ital. Chicken Salad on Croissant)</i>	<b>9</b> Potato and Leek Soup <b>Italian Sausage on a Roll</b> Peppers & Onions Baked Lays Chips Fresh Fruit <i>(Chicken Sausage on Roll)</i>	<b>10</b> Shrimp and Corn Bisque <b>Airline Chicken</b> Seasoned Cut Potatoes Prince William Vegetables Sponge Cake with Topping <i>(Capicola/Cheese on White)</i>	<b>11</b> Chicken Gumbo Soup <b>Pot Roast with Gravy</b> Mashed Potatoes Mixed Vegetables Lorna Dunne Cookies <i>(Salami/Provolone on Wheat)</i>	<b>12</b> Split Pea Soup <b>Corned Beef with Mustard</b> Fresh Boiled Potatoes Cabbage/Carrot Blend Lime Jell-O <i>(Tuna on Rye)</i>
<b>15</b> Turkey and Rice Soup <b>Meatloaf with Gravy</b> Mashed Potatoes Vegetable Blend Lemon Pudding <i>(Eggplant Parmesan on Roll)</i>	<b>16</b> Egg Drop Soup <b>Seafood Chow Mein</b> Fried Rice Asian Blend Vegetables Pineapple Chunks <i>(Chicken Salad on Rye)</i>	<b>17</b> Tomato Soup <b>Tuna Noodle Casserole</b> Tossed Salad Snowflake Roll Mandarin Oranges <i>(Pastrami and Swiss on Roll)</i>	<b>18</b> Barley Soup <b>Beef Stroganoff</b> Buttered Noodles Baby Carrots Frosted Cupcake <i>(Seafood Salad on Nut Bread)</i>	<b>19</b> Pasta Fagiole <b>Stuffed Chicken with Gravy</b> Mashed Sweet Potatoes Green Beans Almondine Gingerbread with Topping <i>(Honey Ham on Marble)</i>
<b>22</b> Chicken Soup <b>Breaded Chicken Breast</b> Potato Latke with Applesauce Mixed Vegetables Oatmeal Cookie <i>(Corned Beef on Rye)</i>	<b>23</b> Minestrone Soup <b>French Meat Pie</b> Seasoned Spinach Wheat Dinner Roll Ice Cream <i>(Egg Salad on Wheat)</i>	<b>24</b> <b>CLOSED</b>  <b>For</b>  <b>CHRISTMAS EVE</b>	<b>25</b> <b>CLOSED</b>  <b>MERRY CHRISTMAS</b>	<b>26</b> Red Chowder <b>Florentine Fish</b> Crispy Potatoes Asparagus Cuts Sherbet <i>(Roast Beef on Oatmeal)</i>
<b>29</b> Butternut Squash Soup <b>Stuffed Peppers</b> Penne with Sauce Vegetable Blend Pudding <i>(Turkey Salad on Multi Grain)</i>	<b>30</b> Chicken Noodle Soup <b>Egg Salad on a Croissant</b> Potato Salad Beet & Onion Salad Diced Pears <i>(Tuna on a Croissant)</i>	<b>31</b> <b>Brunch</b> Orange Juice <b>Cheese Omelet</b> Baked Beans Virginia Baked Ham Fruited Yogurt	<div>  <h1>DECEMBER 2014</h1> </div>	

### *All I want for Christmas by Jill Eignaule*

Jessica was only six years old that late November morning - the day she went to see Santa Claus. She had recently moved from the small town in Upstate New York, where her cat would chase mice around her basement, to Orlando, Florida, where mice, of course, were praised for another reason. It would have seemed that for a girl moving close to Disney World would seem like heaven, but Jessica was sad because she missed her Grandma, who had passed away two weeks before the family moved to Florida. For Jessica, Grandma meant sugar cookies and hugs and laughter and love.

While other families were joining together for the Thanksgiving holiday, Jessica and her parents were so busy unpacking from the move that there was no time to plan a Thanksgiving dinner. Jessica's mother decided to order sandwiches from the local sandwich shop. It turned out that the sandwich shop was adjacent to the local mall and outside the entrance there was a long line of children waiting to see Santa. Jessica pleaded to see Santa and her mother, feeling sorry for her child, agreed. During the long wait, Jessica had much time to think about what she wanted for Christmas and when she was finally seated on Santa's lap and Santa asked for her Christmas wish, Jessica said loudly, "I want to see my Grandma."

Jessica's mother was stunned by her child's wish and worried that she would be disappointed this Christmas but Santa had promised that he would do his best - so there was hope that he could provide this miracle for her precious **little** one. A month of wishes and hoping passed and when Christmas morning arrived, a sleepy Jessica sat in front of her Christmas tree, tearing into box after box but there was no sign of her grandmother and it looked as if Santa had been unable to grant her wish. Finally, Jessica opened her last package, a pretty box wrapped in gold paper with a white bow. When Jessica looked inside she saw her Grandma, in the form of a five-by-seven photograph. Jessica excitedly held the picture close to her heart and then saw a note beneath it that read:

*"Jessie my sweetheart, I love you and though I'm far away, my heart is with you every day.*

*You are my special little girl. Love, Grandma.*

#### **TOWN OF BARRINGTON**

**Senior Center**

**281 County Road**

**Barrington, Rhode Island 02806**

**Presorted**

**STD**

**U.S. POSTAGE**

**PAID**

**Barrington, R.I.**